

ASSESS YOUR RISK of osteoporosis.

If you are past menopause, you may be at risk for osteoporosis. Check any of the following risk factors for osteoporosis that apply to you:

- I am Caucasian (white) or Asian.
- I have a family history of osteoporosis.
- I have a small, thin frame.
- I do not do weight-bearing exercises on a regular basis.
- I drink alcohol excessively and/or smoke.
- I am not getting enough calcium (at least 1200 mg) and/or vitamin D (400–800 IU) each day.
- I have lost height.

You're at greater risk of osteoporosis and fractures with even just one of these risk factors. Complete your osteoporosis risk assessment on the reverse side of this page.

WORK WITH YOUR DOCTOR to care for your bones.

The following questions can help your doctor or other healthcare professional assess your risk of osteoporosis and fractures and determine an appropriate treatment or prevention plan:

Are you past menopause?

Y N

As an adult, have you suffered a fracture?

Y N

Have you had a bone mineral density test?

Y N

Are you currently taking hormone replacement therapy or any other prescription medicine for osteoporosis?

Y N

If you answered Yes to the previous question, are you experiencing side effects or having difficulty with the medication you are presently taking?

Y N

Please talk to your doctor or other healthcare professional about your bone health and bring this page for discussion to your next office visit. If you are at risk of osteoporosis or already have it, he or she can advise you how to take steps to protect your bones.

